



Beach Safety

Spinal Injury Prevention

Spinal Injury Prevention

By the Navy Safety Center

Don't dive headfirst into any unknown water. Remember, the beach ocean floor may change its shape constantly.

In shallow water, don't dive headfirst towards the bottom into oncoming waves.

In shallow water, don't stand with your back to the waves.

Don't jump or dive from a cliff, pier, jetty or bridge.

Avoid bodysurfing, bodyboarding or surfing straight "over the falls." Ride the shoulder.

During a bodyboard or surfing "wipe out," try hands out in front of you. Don't dive straight the bottom.

While bodysurfing, always keep at least one out in front of you to protect your head and

Don't swim near piers or breakwaters. The currents here may be very strong, even for the best of swimmers.

Stay clear of boats. They take time to change direction, and they may not even see you.

Swim parallel to the shore. If you swim out too far, you may be too tired to swim back.

Open water is usually much colder than a pool, so don't swim out too far.

